

SPRINGVIEW *Manor*

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SPRINGVIEW MANOR MESSENGER

MAY 2012 • A NEWSLETTER SERVING THE RESIDENTS OF SPRINGVIEW MANOR

CELEBRATING OUR NATION'S NURSES

This month, our campus is also joining the American Nurses Association in celebrating “Nurses: Advocating, Leading, Caring,” as part of National Nurses Week, which is held annually from May 6th – 12th. In honor of the dedication, commitment, and tireless effort of our campus nurses, and all nurses nationwide, to promote and maintain the health of our residents and this nation, we are proud to recognize long-term care nurses everywhere during this particular week and every day!

May is **Older Americans Month**, which presents a wonderful opportunity for us to show our deep appreciation for the contributions and achievements of the residents in our campus, as well as the older adults in our community. “*Never Too Old to Play*” is the theme for Older Americans Month this year, and places a spotlight on the importance of lifelong participation in social, creative, and physical activities.

Our staff of professional caregivers knows that being engaged is very different from simply “keeping busy,” which is why we offer a selection of lifelong learning opportunities and daily in-campus activities designed for all levels of physical and cognitive ability. Whether it’s arts and crafts, bowling on the Nintendo Wii, enjoying a lunch outing at a local favorite restaurant, or learning a foreign language - our activities are as varied as our residents, and reflect their personal preferences.

In addition to the benefits of social and creative engagement, research shows that regular exercise can improve our residents’ ability to perform tasks of daily living, including maintaining independence and mobility. In addition,

being active also improves mental health, as it is a deterrent to depression and anxiety. Aware of this importance, we encourage our residents to participate in indoor and outdoor exercise opportunities when able, such as walking around our campus grounds and observing the wildlife in our gardens and courtyard.

Finally, during Older Americans month and every month, it’s important to pay tribute to the role that older adults play in sharing their experience, wisdom, and understanding by providing opportunities for them to pass on that knowledge to other generations in a variety of significant ways. We welcome visits from local schools so that our residents and community children reap the benefits of interacting with and learning from each other. We also welcome young volunteers, and invite community adults to teach lifelong learning courses at our campus.

We are proud to join in the national celebration of Older Americans Month 2012 with activities and events to promote engagement and recreation for our residents.

ACTIVITY HIGHLIGHTS

- May 4 4:00 Pre-meal festivities
5:00 Residents Mexican Themed Dinner
- May 5 1:30 The Seventh Day Adventist Program
- May 9 The Salvation Army Program
- May 10 6:00 Mother's Day Tea
- May 10 1:30 Dietary Meeting
- May 11 2:30 Happy Hour hosted by Bill Figley
- May 12 2:00 The West Side Methodist Church Ladies Bingo
- May 16 1:00 The Quest Academy School Band
- May 17 11:00 Celebrating Senior Citizens w/All Best at the Knights of Columbus Hall – Dinner & Dance
- May 17 5:00 Taste of the Town Arby's
- May 20 Family Brunch
11:00 to 1:00

1:00 to 3:00 Art Walk ~ Many local artists will have displays along with the work of our own residents here at Springview. Please join us for a Lovely afternoon.
- May 24 2:00 Residents Council/ our outside rep Craig Huggins will be joining us for the meeting
- May 26 2:30 Happy Hour Celebrating May Birthdays
- May 29 7:00 Family Night with Dick Valentine

SENIOR EXEC. CLUB

Spring is here and the weather is beautiful. It makes our lunches much more convenient and an easier drive. Let's all make a point to bring a friend next month. Everyone should be getting out of the house! The next SEC luncheon will be taking place Tuesday, May 8th at 1:00 pm here at Springview Manor. We look forward to seeing you. Please RSVP with Kelli at 419-979-2472 or 419-227-3661.

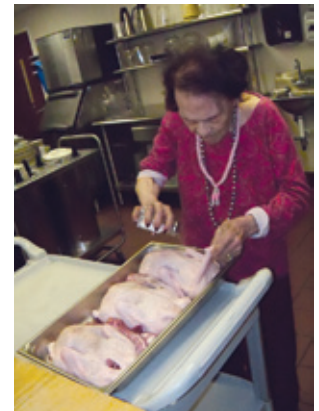
RESIDENT BIRTHDAYS

Lila F.	5/02
Art L.	5/19
Evelyn S.	5/21

STAFF BIRTHDAYS

Aricka Thompson	5/3
Dustin Theis	5/6
Christy Miller	5/8
Becky Hawk	5/11
Shirley Prater	5/20
Robin Goodwin	5/23

Smiles of the Month



We followed Gracie's lead on the preparation of duck with orange sauce.



Art preparation for the Annual Art Walk here at Springview



Resident enjoyed a visit from The Quest Academy Show Choir

EXECUTIVE DIRECTOR'S CORNER

Normally this month we would be seeing many signs of Spring but it appears we got a head start this year. It is however a beautiful time of the year with all the flowers, plants and trees alive with radiant colors. I'm sure you are enjoying this as much as I am.

For us at Springview, May also brings exciting news. First we will receive have received the results of our Customer Satisfaction Surveys for this spring and are anxious to share these and put plans together to make your experience with us even better. We thank you for your input this year and hope you'll approve of changes we can initiate to improve your level of satisfaction. Secondly, for the 3rd year Springview Manor, as a part of Trilogy Healthcare, has been named as "Best Employer in Ohio". This is a direct reflection on the compassionate and caring staff that serves your loved ones day in and day out. When visiting please take a moment to thank them for their dedication.

We are also moving into full swing to bring our campus alive with our Campus

in Color program. We are certain that you and your loved ones will appreciate the transformation of our campus from the wintery blues to the vibrant colors.

I would be remiss if I did not mention two very important holidays to remember in May. Mother's Day on May 13th. Don't forget to do something special for your mother. Also, May 28 is Memorial Day. This is a day we take time at the end of this month to pay our respects and honor those men and women who have given the ultimate sacrifice for the freedom of our country. Please pause for a moment on this day and pay you respect to these honored military men and women. Their sacrifice is the reason we continue to live in the best country around the world and enjoy the freedom of choices in everything we do. I want to thank all of you for taking time this month to recognize and pay respect to our military men and women.

Thanks

Larry Cathcart
Executive Director

Customer Service Moment

Thank you Carol and all the dietary staff for the extra efforts. The activity dept. asks a lot sometimes from the other staff here at Springview. On Sat. April the 7th we had a busy day. Gracie R., a resident, stated: That on many holidays their family served Duck instead of the traditional ham & turkey. The Staff not really knowing how to prepare a duck followed Gracie's lead on the preparation. The duck was served and all the residents were offered a taste, complete with orange sauce. That particular day was also Eva Z.103rd birthday; the kitchen baked a beautiful cake for the celebration. Thanks dietary, for going above and beyond.



Dietary Update

Did you know that Strawberries are not really a fruit or a berry but the enlarged receptacle of the flower and that they are a member of the Rose family?

Greetings and Spring is amongst us! When you think of Spring time one would only imagine April showers to bring May flowers, Kids at play in the park, or reading a novel while having a warm tea. When I think of Spring I'm thinking of spending time outside, gardening, and eating delicious ripe fresh fruits! Within the next few months the Culinary Department will be focusing on fresh fruit desserts and dishes ranging from Apple Waldorf salads, and Fresh cut Melon Cantaloupe dipped with strawberry yogurt to homemade hot and fresh Blueberry or Craisins muffins. I say if Spring is willing to give us the fruits of the harvest, then why not enjoy them. As always if you have any questions, comments, or concerns please feel free to see me or give me a buzz at x107... Good Eats, and Healthy Treats!

Abdullah K. Jones CDM, CFPP
Director of Food Service

NEW RESIDENTS

Evelyn S.	Zelma K.
Jane K.	Alma S.
Barbara C.	Teresa B.
Beverly S.	Kathy S.
Harriett G.	

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883 W. Spring Street, Lima, OH 45805 • 419-227-3661 • Larry Cathcart, Executive Director

Larry Cathcart, Executive Director
Pam Bloomfield, Director of Health Service
Paige Reinsel, Assistant Director of Health Services
Robin Hefner, Business Office Manager

Abdullah Jones, Food Services Manager
Charlene King, Resident Activity Director
Jayna Fry, Director of Social Services
Kelli DeLong, Community Service Representative

Dustin Theis, Director of Plant Services
Joyce Hauenstein, Dir. of Environmental Services
Melanie Taylor, MDS Coordinator

We strive to provide the best customer service and quality care for our residents. Our Department Leaders are here to solve any concerns you may have. In the event that you need further assistance with any unresolved concerns, we encourage you to call the Divisional Vice President or our Compliance Line.

Mike Lacey, Divisional Vice President: 937-207-7312 or Mike.Lacey@trilogyhs.com

Compliance Hotline: 800-908-8618, ext. 2800; or comply@trilogyhs.com • Newsletter Production by PorterOneDesign.com



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COMPASSIONATELY
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We invite you to join in the fun! To find out how you can volunteer, or to get more information, please contact us today!

Never Too Old to Play

If you plan on “playing” outdoors and having some fun in the sun this May, the following tips will keep you safe all summer long:

- Plan activities that are early in the morning or later in the evening when it’s cooler.
- Use U/V skin protection.
- Avoid overexposure to heat, drink plenty of water and take regular breaks in the shade.
- Wear lightweight clothing, sunglasses and a hat.
- Check with your doctor before implementing a new exercise program, especially if you are at high risk for heart disease or diabetes; if you smoke or are obese.
- If you are not currently active, begin your exercise program or outdoor outings with light to moderate physical activity.

Information for this article was obtained from www.seniorliving.com, www.nursesworld.org and www.aoa.gov.

WORD SEARCH

ACTIVITIES	EXERCISE	OLDER	RECREATION
APPRECIATION	EXPERIENCE	PARTICIPATION	SOCIAL
BUSY	GENERATIONS	PHYSICAL	TRIBUTE
CREATIVE	LIFELONG	PLAY	WISDOM

W	S	L	P	G	E	H	D	V	K	P	W	T	X	L	W	H	H	J
X	I	N	T	W	B	U	X	L	P	L	U	G	E	H	R	G	C	U
T	R	I	B	U	T	E	G	H	E	A	D	E	S	I	L	A	D	U
W	J	G	U	Y	B	R	T	F	E	Y	A	N	Q	O	X	Y	S	M
W	I	D	E	X	P	E	R	I	E	N	C	E	L	Q	C	C	K	K
K	A	S	G	R	L	J	S	F	Q	V	T	R	R	O	P	I	J	Q
B	A	F	D	H	P	R	L	N	Y	B	I	A	V	K	C	Y	A	V
P	J	C	N	O	F	B	I	M	O	L	V	T	L	N	R	L	F	L
F	Y	O	H	R	M	V	F	W	N	D	I	I	G	C	E	G	Y	J
Z	O	L	D	E	R	S	E	L	P	T	T	O	X	S	A	O	X	U
G	K	X	O	C	X	N	L	Q	U	Q	I	N	V	H	T	K	O	P
Q	F	I	S	R	E	I	O	K	Z	E	E	S	N	O	I	O	L	Q
M	F	L	K	E	X	N	N	C	B	U	S	Y	L	A	V	K	F	I
I	W	Q	U	A	E	Y	G	L	L	U	C	W	X	I	E	W	R	B
F	W	H	V	T	R	P	P	Y	M	H	Y	Z	O	T	S	Z	K	D
P	A	R	T	I	C	I	P	A	T	I	O	N	D	C	V	U	F	Z
B	R	F	L	O	I	C	A	P	P	R	E	C	I	A	T	I	O	N
O	H	T	H	N	S	H	E	X	G	A	N	F	T	S	E	P	H	I
Q	V	A	G	P	E	J	S	M	P	H	Y	S	I	C	A	L	A	Q